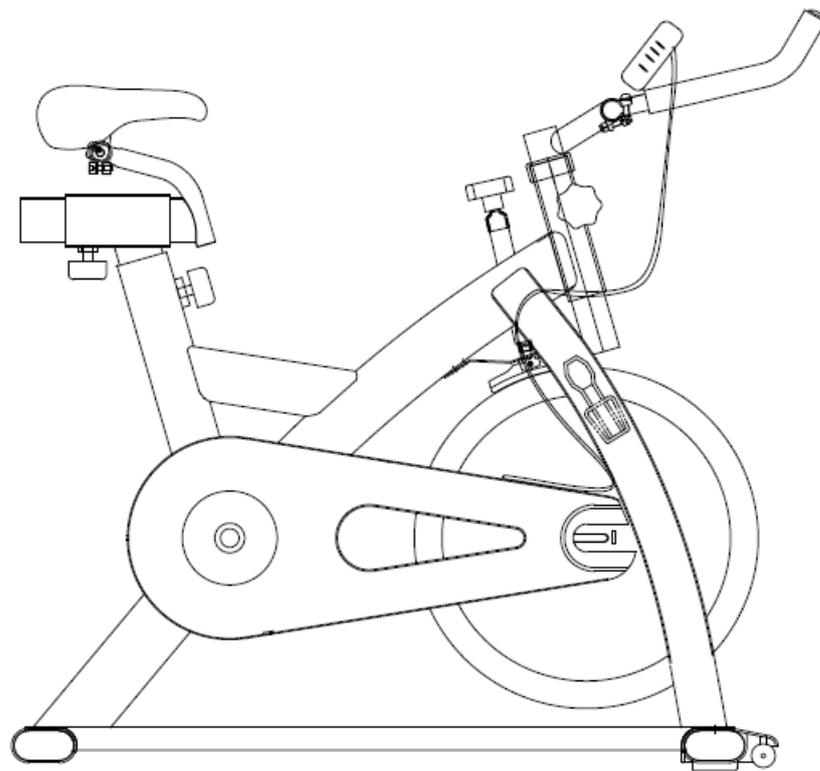


USER MANUAL



INDOOR BIKE XTR ONE

91024

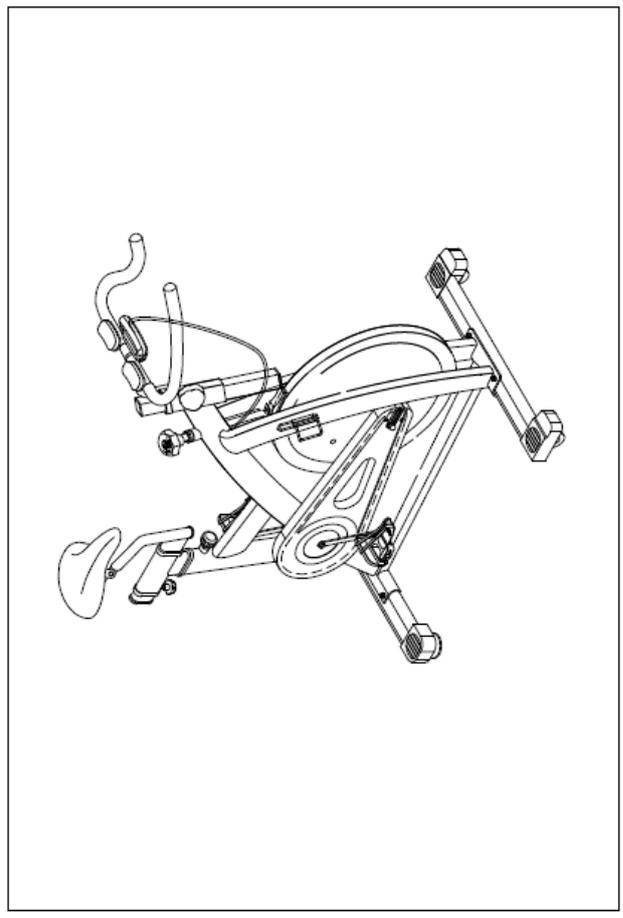
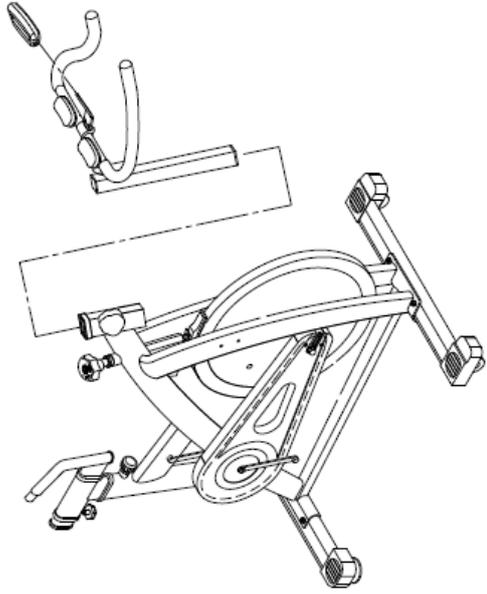
Safety Instructions

- * Consult your physician before starting with any exercise program to receive advice on the optimal training.
- * Warning: incorrect/ excessive training can cause health injuries. Stop using the bike when feeling uncomfortable.
- * Please follow the advice for correct training as detailed in the training instructions.
- * Ensure that training only starts after correct assembly, adjustment and inspection of the bike.
- * Always start with a warm-up session.
- * Only use original parts as delivered
- * Follow the steps of the assembly instruction carefully.
- * Only use suitable tools for assembly and ask for assistance if necessary
- * Place the bike on an even, non-slippery surface.
- * For all adjustable parts be aware of the maximum position to which they can be adjusted.
- * Tighten all adjustable parts to prevent sudden movement while training.
- * This product is designed for adults. Please ensure that children only use it under the supervision of an adult.
- * Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- * The resistance level can be adjusted to your personal preference.
- * Do not use the bike without shoes or loose shoes.
- * Ensure that sufficient space is available to use the bike.
- * Be aware of non-fixed or moving parts whilst mounting or dismounting the bike.

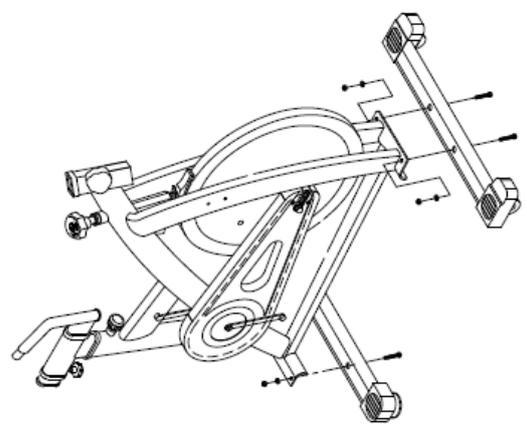
- » To protect the floor or carpet from damage, place a mat under the exercise Bike.
- » In case of emergency please place both feet at the same time on the side reins.
- » Ensure that an area of 2000 x 1000 mm behind the exercise Bike is free from any obstacles.
- » This product is tested up to a maximum body weight of 120 kilograms.
- » We take no responsibility for personal injury or damage sustained by or through the use of this exercise Bike.

Assembly Drawing

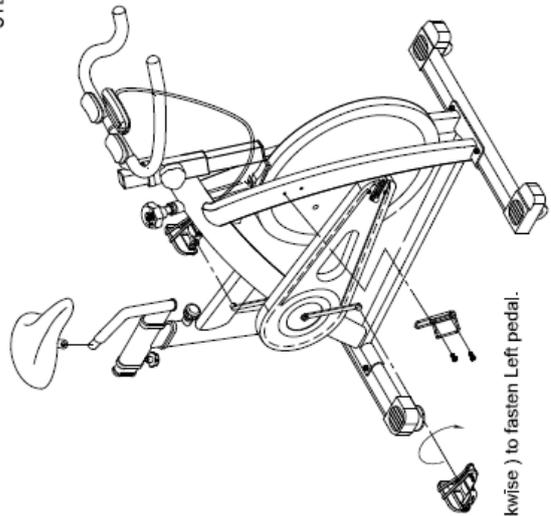
STEP2



STEP1



STEP3



⤵ : This direction (counter clockwise) to fasten Left pedal.

⤴ : This direction (clockwise) to fasten Right pedal.

Assembly

Step one

Attach the front (16) and rear feet (12) to the frame using the bolts (10), washer (9) and nuts (8).

Step two

The handlebar post already set up when you received. Attach the handlebar post inserting into the head tube of the frame. Adjust the height and then securely tighten the knob (44) in proper position. Adjust the handlebar's angle then tighten the screw (52) of fixed plate (58). Inserting the console (57) into the fixed plate(58).

Step three

Insert the seat tower (17) into the frame's seat tube, adjust the height and then fix in position with knob. Insert the seat slider (2) into the seat tower and fix using the knob (19). Attach the saddle (1) into seat slider.

Step four

Attach the pedals (11) into the crank arms(7), each pedal is marked with the L (left) or R (right) to denote the side of the spinning bike they are on, Note- the right hand crank is on the same side as the chain guard (24). Be careful to align the threads correctly to avoid any damage. A little grease on the threads should help the pedals to screw in easily and correctly, tighten using a 15mm spanner; both pedals threads should tighten towards the front of the spinning bike.

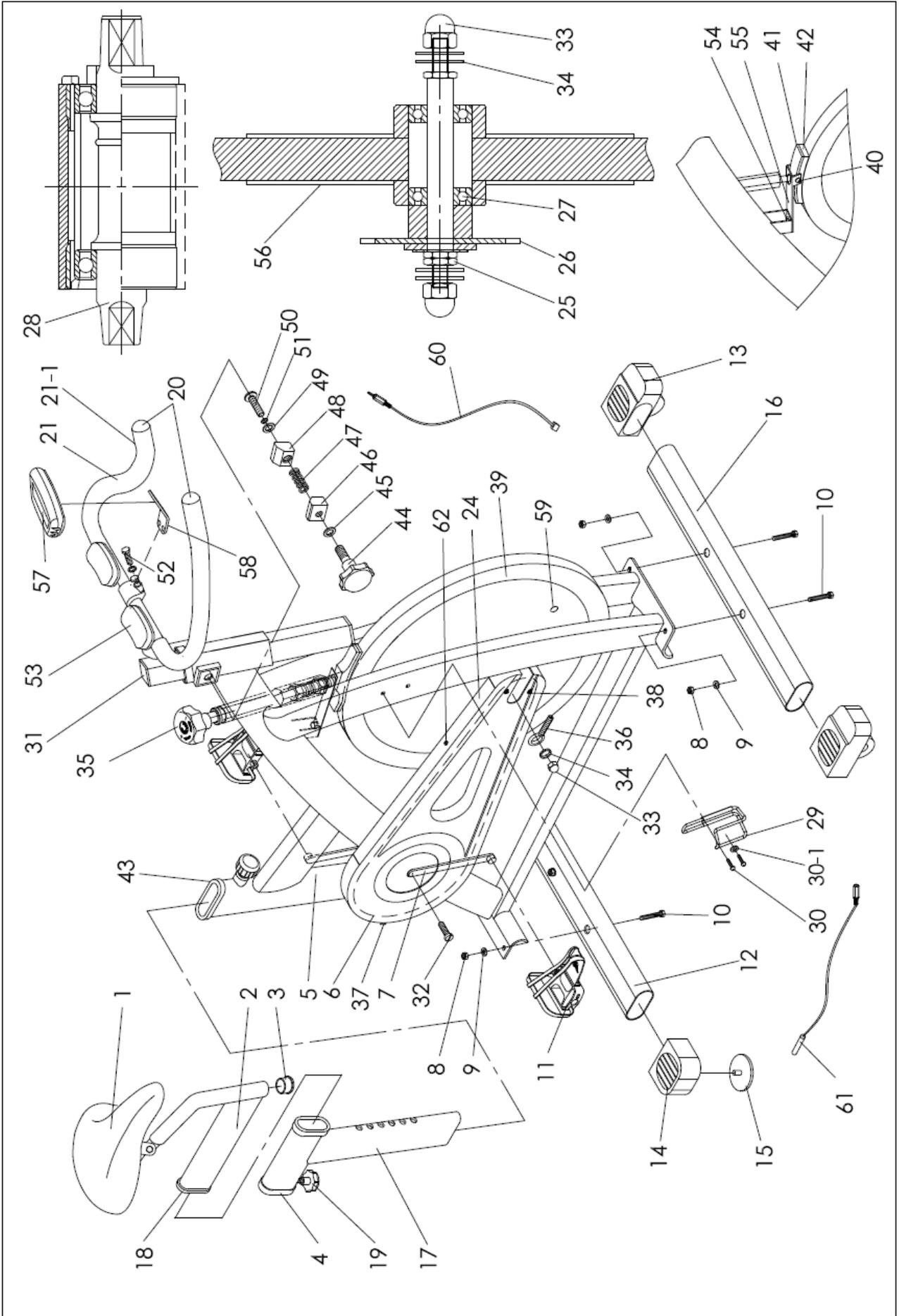
Adjusting the resistance

To adjust the exercising resistance on the complete spinning bike by the brake knob (35) of brake system, and then simply loosen (-) or tighten (+).

The flywheel should rotate freely without resistance when you loosen (-) the brake system totally.

More experienced riders may wish to increase the overall resistance by tighten (+) the brake system totally.

Exploded Drawing



Part list

No.	Name	Unit	No.	Name	Unit
1	Saddle	PC	32	Crank bolt	PC
2	Seat slider	PC	33	Flywheel security nut	PC
3	Stem Cap	PC	34	Flywheel security washer	PC
4	Seat tower rubber cap	PC	35	Brake system	SET
5	Frame	PC	36	Flywheel adjuster bolt	PC
6	Chain	PC	37	Outer chain guard bolt (M5)	PC
7	Crank arm set	SET	38	Outer chain guard bolt (M6)	PC
8	Foot tube nut	PC	39	Flywheel	SET
9	Foot tube washer	PC	40	Screw & nut	PC
10	Foot fixing bolt	PC	41	Brake pad holder	SET
11	Pedal	PR	42	Brake pad	
12	Rear foot tube	PC	43	Rubber cap for seat post	PC
13	Front foot end cap	PR	44	Knob	PC
14	Rear foot end cap	PR	45	Knob washer	PC
15	Rear foot adjuster wheel		46	Alloy bind clip / L	PC
16	Front foot tube	PC	47	Knob spring	PC
17	Seat tower	PC	48	Alloy bind clip / R	PC
18	Saddle extender rubber cap	PC	49	Knob plastic washer	PC
19	Seat extender knob	PC	50	Knob fixed bolt	PC
20	Handle Bar End Plug	PC	51	Knob washer	PC
21	Handlebar	PC	52	Handlebar stem bolt	PC
21-1	Handlebar grip	PC	53	Elbow pad w/holder, bolt, nut	PR
24	Chain Guard (Outer, Inner)	SET	54	Screw for spring bracket	PC
25	Flywheel axle w/ nut	SET	55	Spring bracket	PC
26	Fixed wheel sprocket		56	Flywheel cover w/bolt	PR
27	Flywheel bearing		57	Console	SET
28	BB axle set	SET	58	Fixed plate for console	PC
29	Bottle cage	PC	59	Magnet	PC
30	Screw of bottle cage	PC	60	Upper cable	PC
30-1	Washer of bottle cage	PC	61	Down cable w/sensor	PC
31	Handlebar stem end cap	PC	62	Screw for sensor seat	PC

Instruction Use

- 1) The model bike has a fixed wheel driven flywheel and should only be used under professional supervision.
- 2) Installation – it is important that the bike is correctly assembled and we recommend that suitably qualified personnel carry out installation and assembly.
- 3) **Handlebar and seat adjustment.** It is important that the handlebar and seat are set at the correct height for your body. Ask your instructor for assistance. Adjusting the handlebar height-Undo the knob that is located where the stem fits into the frame. Slide the handlebar/stem up or down to the required height and retighten the knob. Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar.

Adjusting the seat height- undo the knob located where the seat tower fits into the frame. Adjust the seat tower to the required height. Then retighten the knob. Make sure it is tight enough to prevent the seat from twisting side to side. The seat position can be adjusted forwards and backwards. Undo the knob located directly below the seat slider. Loosen the knob then slide the seat to the required position. Then make sure the knob retighten.

- 4) **Pedals and toe straps-** your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forwards as you can into the toe-clip and then pull the strap tight.
- 5) The bike should operate on a level surface with no lateral movement. There is height adjuster caps located on either side underneath the rear foot. Turn these caps clockwise or anti-clockwise until the bike is totally stable on the ground.
- 6) **Emergency brake** – Press down brake system (35) for stop.
- 7) **Maintenance** – It may be unsafe when loosen bolt on the parts or noise on the flywheel, please contact your supplier. Like any other mechanical cycling device, the bike should be regularly maintained. Ask your supplier for a detailed maintenance program.

Maintenance Chart

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1.	Wipe machine down	X				
2.	Spray with WD40 or similar oil on frame	X				
3.	Visual check	X				
4.	Check security of handlebar post & seat clamp	X				
5.	Check security of saddle	X				
6.	Remove handlebar stem and clean tube		X			
7.	Remove seat and clean tube		X			
8.	Check brake pads for wear-align		X			
9.	Check brake adjustment		X			
10.	Check security of all clamps & fasteners		X			
11.	Check toe straps for signs of wear		X			
12.	Check crank bolts and re-tighten		X			
13.	Make sure pedals are screwed In		X			
14.	Wipe the anti-rust oil on the flywheel			X		
15.	Check chain tension			X		
16.	Oil chain			X		
17.	Check bottom bracket				X	
18.	Check flywheel bearings				X	



How to change battery:

1. Open battery cover and insert 2 AAA or 2 UM-4 batteries.
2. Properly put back battery cover.
3. Under regular condition, warranty of battery is one year.
4. If the LCD shows partial display, please take out batteries, wait for 15 seconds and insert again.
5. Previous exercise data will be removed after take out batteries.
6. Please follow local regulation when through batteries away.

Function Keys:

ENTER :

1. Press ENTER key to select the functions for setting exercise values of TIME and DISTANCE.
2. Press ENTER key to confirm the setting exercise values.
3. Keep pressing ENTER key for 3 seconds to remove all previous exercise data.

UP :

1. Press UP key to switch the functions of speed, average speed, maximum speed, SPM, average SPM and maximum SPM.
2. Press UP key to add the setting exercise values of TIME and Distance.

DOWN :

1. Press DOWN key to switch CAL \longleftrightarrow RPM
2. Press DOWN key to decrease the setting exercise values of TIME and DISTANCE.

Function and Operation

Auto ON/OFF

The monitor automatically starts working once the user starts to do the exercise on the machine. It will automatically turn off after the machine is not used for 75 seconds, and all exercise value will be removed.

TIME

1. Press ENTER key to select TIME, and press UP/DOWN keys to set the exercise TIME. °
2. If users do not set TIME, time will be automatically count up 00:00:00~99:59:59
3. Setting value of Count Down is from 5:00~99:59:00. The monitor will beep when count down to 0:00.

SPEED

1. SPEED display range is 0.00 ~ 99.9 kph / mph
2. 3 SPEED display: current speed, average speed and maximum speed.

RPM

1. RPM display range is 15 ~ 999.
2. 3 RPM display: current RPM, average RPM and maximum RPM.

DISTANCE

1. Press ENTER key to select DISTANCE (TIME value is 0), and press UP/DOWN keys to set the exercise value.
2. If users do not set DISTANCE, distance will be automatically count up 0.0~999.9 km/mile
3. Setting value of Count Down is from 1.0~999.0 km/mile. The monitor will beep when count down to 0:00.

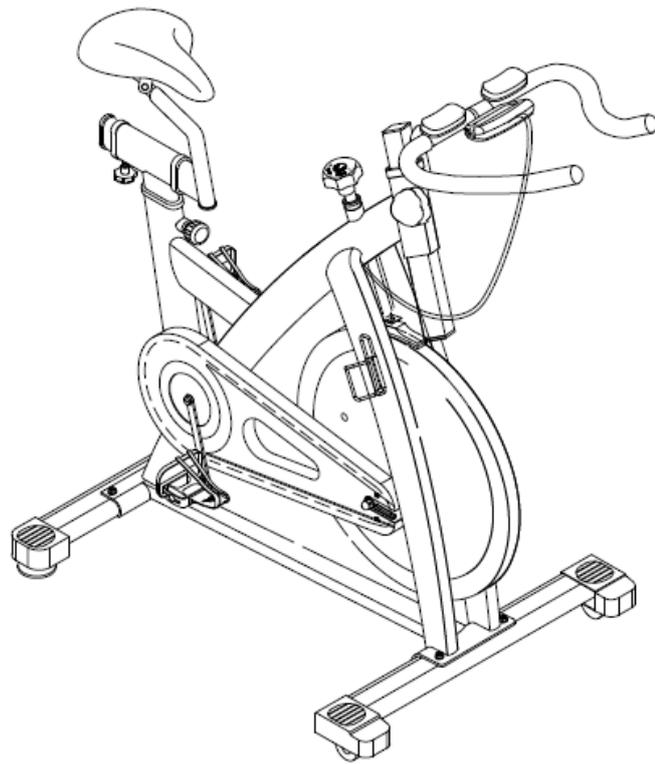
CALORIE

1. CALORIE displays K/CAL on the LCD.
2. Calorie will be automatically count up 0.0~9999

Attention :

Working Temperature : 0°C ~ 50°C

Storage Temperature. : - 10°C ~ 60°C



INDOOR BIKE